



Annual Plan

Sample Plan:

Objective	Activities	Lead Person(s)	Timeline	Resources	Evidence of Success	Evaluation of Process
EXAMPLE: Increase physical activity options at our worksite	1. Form a walking group a) Determine best time to walk b) Determine routes 2. Integrate 10-minute movement activities into workday. a) Find Movement Champions in our Dept.		October 1 st – walking group will be created and marketed By December 1 st , at least two individuals from our Dept. will have been trained on the integration of movement into 10 minute breaks.	<ul style="list-style-type: none">• Jan Hertzfeld, Wellness Coordinator• Survey to determine best times for people to walk.• Walking routes	<ul style="list-style-type: none">• Survey complete• Walking routes identified• Walking groups meeting regularly• 10-minute recess breaks are integrated twice per week.	